



# You Know Your Body Best

If you experience something that seems unusual or is worrying you, don't ignore it.

## Learn about urgent warning signs and how to talk to your healthcare provider

### During Pregnancy

If you are pregnant, it's important to pay attention to your body and talk to your healthcare provider about anything that doesn't feel right. While it can be difficult to talk about, it's important to get medical care immediately if you experience any of the urgent maternal warning signs.

- Tips:**
- Bring this conversation starter and any additional questions you want to ask to your provider.
  - Be sure to tell them that you are pregnant or have been pregnant within a year.
  - Tell the doctor, nurse or midwife what medication you are currently taking or have recently taken.
  - Take notes and ask more questions about anything you didn't understand.

Learn more about CDC's Hear Her Campaign at [www.cdc.gov/HearHer/AIAN](http://www.cdc.gov/HearHer/AIAN)

### After Pregnancy

While your new baby needs a lot of attention and care, it's important to remain aware of your own body and take care of yourself, too. It's normal to feel tired and have some pain, particularly in the first few weeks after having a baby, but there are some symptoms that could be signs of more serious problems. Complications can happen up to one year after pregnancy.

✂️ ----- Tear this panel off and use this guide to help you start the conversation: -----

### Urgent Maternal Warning Signs

*If you experience any of these warning signs, get medical care immediately.*

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

*This list is not meant to cover every symptom you might have. If you feel like something just isn't right, talk to your healthcare provider.*

### Use This Guide to Help Start the Conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was \_\_\_\_\_ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having \_\_\_\_\_ (symptoms) that feel like \_\_\_\_\_ (describe in detail) and have been lasting \_\_\_\_\_ (number of hours/days)
- I know my body and this doesn't feel normal.

#### Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

#### Notes: